

Daily Affirmations- May 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Friday, May 1 st	I do not fear darkness because the light will come.
Saturday, May 2 nd	Stay focused. Keep your head up.
Sunday, May, 3 rd	God is moved not by desperation but by faith.
Monday, May 4 th	what doesn't kill you makes you stronger.
Tuesday, May 5 th	Lead by example. There is no such word as "can't".
Wed., May 6 th	Remain positive. Choose Joy!
Thursday, May 7 th	I am making progress. I am a better person than yesterday.
Friday, May 8 th	I am fearfully and wonderfully made.
Sat., May 9 th	I am keeping it together. No trauma will consume me anymore.
Sunday, May 10	Great blessings come to those who wait.
Monday, May 11 th	Hard work is the key to success.
Tuesday, May 12 th	It takes more muscles to frown than it does to smile.
Wed., May 13 th	Things given have the most value.
Thurs., May 14 th	Stay strong. Stay positive. Never give up.
Fri., May 15 th	Today is going to be a good day.
Saturday, May 16 th	I'm investing in education & learning here and now.
Sunday, May, 17 th	If God brought me to it; He will bring me through it.
Monday, May 18 th	Only I can change my current situation and my future.
Tuesday, May 19 th	When life gives you lemons, make lemonade.
Wed., May 20	I want to do right for myself and for others I care about.
Thurs., May 21 st	It's going to be OK because I will choose no other option.
Friday, May 22 nd	This is a minor setback toward my major comeback.
Sat., May 23 rd	The past is gone. All we have is today. Pay attention.
Sun., May 24 th	How do you eat an elephant? One bite at a time!
Monday, May 25	Focus on what you <u>need</u> to do because it allows you to do what you <u>want</u> to do.
Tuesday, May 26 th	Be mindful. Meditate.
Wed., May 27 th	I am worthy of love.
Thursday, May 28 th	I have the courage to change the things I can and accept the things I can't.
Friday, May 29 th	Never look down on someone unless you are offering them a helping hand up.
Sat., May 30	Today is the first day of the rest of my life.
Sunday, May 31 st	God is good all the time. With God all things are possible.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"We Rise by Lifting Others" – Robert Ingersoll